



Inspire Awareness

Did you Know?

Resources for Young Women

Teen Dating Abuse

Did you Know?

1 in 3 teens report knowing a friend or peer who has been hit, punched, kicked, slapped, choked, or otherwise **physically hurt** by his or her partner.¹

Resources

The National Teen Dating Abuse Helpline (NTDAH)

Here you can find support and information to understand dating abuse. You can talk one-on-one with a trained advocate 24/7 who can offer support and connect you to resources. No names. No judging. Only help — anytime you need it.

(866) 331-9474 TTY: (866) 331-8453

<http://loveisrespect.org>

California Alliance Against Domestic Violence

They provide leadership, vision and resources to rape crisis centers, individuals and other entities committed to ending sexual violence.

(800) 524-4765 (916) 444-7163

<http://www.calcasa.org>

Sexual Health

Resources

iwannaknow.org by American Social Health Association (ASHA)

Answers to your questions about teen sexual health and sexually transmitted diseases.

National STD Hotline: (800) 227-8922

www.iwannaknow.org

Planned Parenthood

Planned Parenthood health centers offer high-quality sexual and reproductive health care, including family planning, gynecological care, STI/STD testing and treatment, pregnancy testing, and abortion services.

1-800-230-PLAN

<http://www.plannedparenthood.org>

Did you Know?

40% of older adolescents surveyed by the Kaiser Family Foundation **incorrectly believe** that the contraceptive “pill” and “shot” protect against STDs and HIV.²

It is expected that by the time they reach 25, **one in two** sexually active young people will have contracted an STD.³

Footnotes:

1: Teenage Research Unlimited. Findings from study commissioned by Liz Claiborne Inc. to investigate the level of and attitudes towards dating abuse among American teenagers aged 13 to 18 [online] Feb 2005. Accessed 2007 Feb 23]. www.loveisnotabuse.com/statistics_abuseandteens.htm

2: Kaiser Family Foundation, *SexSmarts: Birth control and protection* (Publication No. 7106), J. Davis, Ed., Menlo Park, CA: Author, 2004.

3: UNC-Chapel Hill School of Journalism and Mass Communication, *Our Voices, Our Lives, Our Futures: Youth and Sexually Transmitted Diseases*, February 2004.

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Contraception

Did you Know?

Teens' current use of contraception prevents as many as **1.65 million pregnancies** in the United States each year.⁴ However, about 800,000 teens still experience a pregnancy each year and **85 percent** of these pregnancies are unintended. Emergency contraception does not affect an established pregnancy and **does not cause abortion**.⁵

Resources

Emergency Contraception Website by Princeton University

This site helps to increase women's knowledge about and timely access to emergency contraception (EC) and other reproductive health choices by providing information and a database of providers. (888) NOT-2-LATE

<http://www.not-2-late.com/>

Backup Your Birth Control

"Back Up Your Birth Control" unites more than 100 national and local medical organizations and women's health advocacy groups to increase awareness of and improve access to emergency contraception.

(800) 524-4765 (916) 444-7163

<http://www.backupyourbirthcontrol.org>

Cosmetics

Resources

The Campaign for Safe Cosmetics

They are a coalition working to protect your health by calling for the elimination of chemicals used in the cosmetics industry linked to cancer, birth defects, and other health problems.

info@safecosmetics.org

<http://www.safecosmetics.org/index.cfm>

Skin Deep

Skin Deep provides safety ratings and brand-by-brand comparisons that can help consumers choose safer products.

(510) 444-0973 (California office)

<http://www.ewg.org/reports/skindeep>

Did you Know?

Every day we use multiple personal care products—from shampoo, to deodorant, toothpaste, lotion, and makeup—that contain chemical ingredients that are **absorbed through the skin**, inhaled, or ingested. Some of these chemicals are **linked to cancer, birth defects, learning disabilities**, and other health problems.⁶

Footnotes:

4: Kahn JG et al. Pregnancies averted among U.S. teenagers by the use of contraceptives. Family Planning Perspectives 1999; 31:29-34.

5: Society for Adolescent Medicine. Provision of emergency contraception to adolescents: position paper of the Society for Adolescent Medicine. Journal of Adolescent Health 2004; 35:66-70.

6: The Campaign for Safe Cosmetics. "UNMASKED: 12 Ugly Truths Behind the Myth of Cosmetic Safety." Accessed February 26, 2007. <http://www.safecosmetics.org/docUploads/Unmasked%2Epdf>